



feel

alive

...prepared by the bureau of naval personnel & the bureau of medicine & surgery...

NAVPERG 15816





operation

fiddlefit

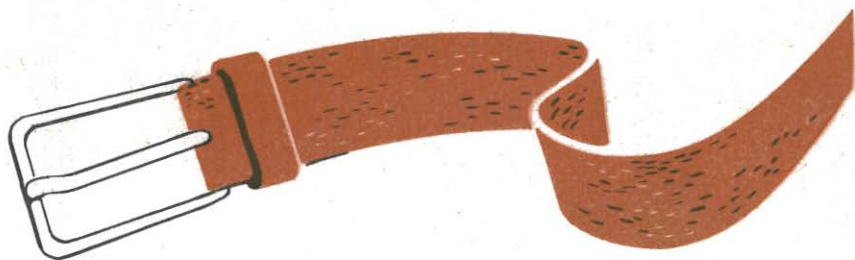
Heavyweight Champs! . . .

Lightweights! . . . Every-
body! . . . This is for YOU!

. . . Three minutes of your
time, two eyes, and one
honest self-appraisal add up
to the right figure for you.

fit as a fiddle?

lengthening your waistline



THE BATTLE OF MIDRIFF—No one really wants to be overweight or welcomes the accompanying physical discomforts . . . the wilted appearance . . . the straining buttons locked in combat along the bulging skirmish line. There is little bravery in fighting through pie a la mode or potatoes swimming in gravy. If you are overweight, your story is probably as simple as this: Food is energy. You may be taking in more food than your energy output requires—and depositing the difference between "income" and "expense" as fat—a savings account that pays no interest. When your food intake equals energy output, weight is maintained at an approximately stable level. Excess poundage can only be taken off by making your food intake less than your energy output until normal weight is attained. If your medical officer has given you a general O.K. but you are still overweight for your particular age and body build—you are eating too much . . . period!

PUDD'NHEAD WILSON'S CALENDAR, as Mark Twain noted, read:

"Habit is habit, and not to be flung out of the window
by any man, but coaxed down-stairs a step at a time."

As most of us grow older, weight creeps up on us because our



shortens your lifeline

eating habits have a tendency to remain the same while our physical activities slow down. Many men and women accustomed to active physical exertion often have to limit their activities—and yet they frequently fail to change their appetite habits accordingly and continue to eat more than they need. Remember the old saying? “A lean horse for a long race.”

THE HEART OF THE MATTER is more likely than not your own heart—that faithful pump about the size of your clenched fist which has served you so long and so well. If you're overweight, you're working your heart over-time—and perhaps forcing it to fight what might be a losing battle in a heavy-weight bout. It is an accepted medical fact that 20% overweights show mortality approximately $\frac{1}{3}$ higher than average.* Why take a chance on being knocked out for the count when you can help yourself win by sensible self-appraisal and changing a habit or two?

PLOTTING YOUR COURSE: If overweight stops you from feeling fit as a fiddle—if your mirror finds you playing Big Bass—you will be wise to get expert advice in your weight reduction program from your medical officer. He is fully qualified to help you plot your course . . . diet wise, exercise wise. Your job will be to follow his advice and to stay on the beam.

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YOU'RE ON A DIET . . . NOW. Everybody is on a diet—because, strictly speaking, whatever you eat is your diet. Many people associate the word "diet" with only convalescents in hospitals or homes—with physical disability or disease. However, the general term "diet" has no relation to physical disability or illness. The simple fact is (more honored in the breach than the observance!) that good eating habits are essential to good health.

YOU'RE IN THE NAVY NOW is more than a twist on an old Army tune . . . It means that you are wise if you make your diet match your work. The training table of any athlete is testimony that good physical condition is closely related to food. Even the sixteen cylinder high compression business executive knows that a light mid-day lunch makes good sense . . . and pays off in comfort and a feeling of mental and physical alertness. It will pay you dividends to be diet wise rather than pound foolish.

DESK WORK ON A DITCH-DIGGER'S DIET? Hard physical labor obviously burns up more energy than chairborne duty. The "energy" equivalent of the food you eat is expressed in calories. The best way to get the energy and life-building substances you need for optimum health is to eat a balanced diet—and to have a balanced attitude about food that sheers you away from eating a ditch-digger's diet if much of your time is spent as skipper of an LSD (Large Steel Desk).

or...



AT MEAL TIMES you don't have to be a martyr or stand out like a sore thumb to be diet wise. Dieting doesn't mean food frustration. . . . Dieting means calorie restriction—you can eat anything you want provided your daily calorie intake in balanced meals equals your daily energy output. With the exception of the underweights, you simply take aboard only the quantity of essential food and calories required for your particular type of activity. As an easy reference guide we have included an eater's digest in this booklet. (P.S.—This booklet is pocket-size to make it easier to carry with you.)

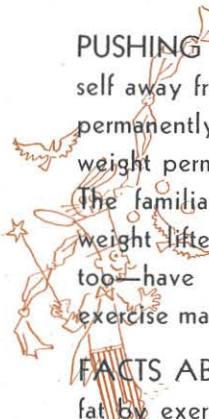
IF YOU'RE ON THE SLENDER SIDE—need toning and tuning up—the high calorie foods would seem more appropriate. For those of us who are overweight, the low calorie foods plainly make good sense. In all cases the calorie content is your guide to the quantity of food in your diet.

PROCEED WITH CAUTION! It is unwise to prescribe reducing drugs for yourself. Such preparations are almost always abused. Underweight and overweight are problems you should discuss with your medical officer.

TARZAN WAS NEVER COMMISSIONED . . . but your Naval duties also require you to be in top-flight physical condition. Look around you—do you see many of your friends indulging, as the old phrase goes, in "living to eat". . . ? Their diet—no less than that of the athlete and the executive—should be geared to their needs and activities. A proper diet and a few daily toning-up exercises will make them feel fit as a fiddle . . . and you too!



No ...



PUSHING YOURSELF AROUND—specifically, pushing yourself away from the table is the only exercise which reduces you permanently. Medical scientists will tell you that you can't lose weight permanently even by doing the most strenuous exercise. The familiar 18½ inch collar of wrestlers—the muscle-bound weight lifters, the legs of six-day cyclists (and ballet dancers, too—have you noticed?) are proof positive that strenuous exercise makes muscles bigger . . . and heavier.

FACTS ABOUT FIGURES—To lose even one pound of body fat by exercise alone is a tough job. Here are a few examples of what you'd have to do:*

Walk 66½ miles (mile in 17½ minutes)

Stand for 160 hours

Shovel 114,739 pounds of sand

Run 43.2 miles (mile in 6 minutes)

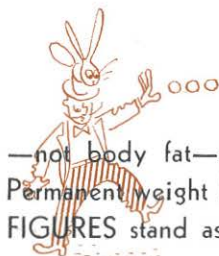
Climb 48 times to top of Washington Monument

Do 5,714 push-ups from floor

'TAINT SO? 'TIS SO!!!—You say that **FACTS AND FIGURES** just ain't so?—You say you lost four to five pounds in a football workout or three hours of tennis in the hot sun? You lost weight all right—there's no denying it. But that weight was mostly water

*From "Lectures on the Physiology of Exercise", Arthur H. Steinhaus, PhD, George Williams College, Chicago.

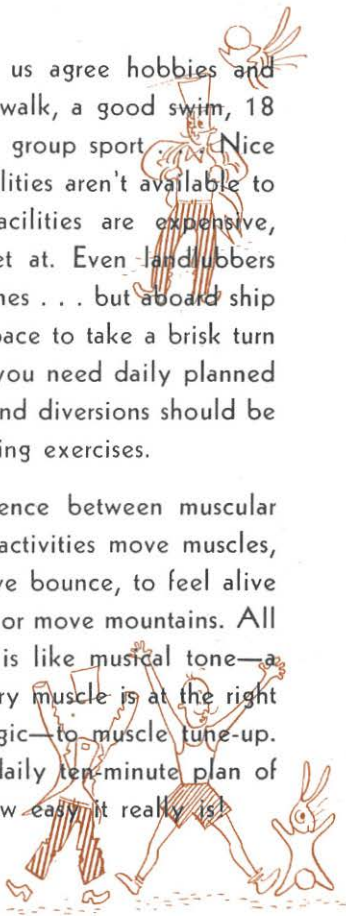
.. *Focus* ... *Pocus*



—not body fat—and in a few days you had it back again. Permanent weight loss is a horse of another color. **FACTS AND FIGURES** stand as you see them.

DON'T GO AWAY MAD—All of us agree hobbies and diversions are good things . . . a brisk walk, a good swim, 18 holes of golf, the give and take of any group sport. Nice work—if you can get it! Recreation facilities aren't available to everybody—every day. Often such facilities are expensive, inconvenient and just plain hard to get at. Even landlubbers know there are no sidewalks on submarines . . . but aboard ship a man who wants to can find enough space to take a brisk turn on deck. In any case, ashore or afloat, you need daily planned exercise. For this reason, your hobbies and diversions should be in addition to planned daily muscle-toning exercises.

JACK BE NIMBLE! There is a difference between muscular activity and exercise. Your usual daily activities move muscles, but don't exercise them. In order to have bounce, to feel alive—it's not necessary to be muscle-bound or move mountains. All you need is muscle-tone. Muscle-tone is like musical tone—a sense of physical harmony in which every muscle is at the right pitch. There is no hocus-pocus—no magic—to muscle tune-up. You can tune your muscles up with a daily ten-minute plan of easy exercises. Let's have a look at how easy it really is!





ANCHORS AWEIGH—but no need to get steam up. Easy does it. Begin on the down beat—and repeat daily.* The secret is to form the habit. You'll be glad you did!

**If you are overweight, go easy! . . . See your medical officer. That's one reason he's there. He'll select suitable exercises for you.*



"THE WASHERWOMAN"
... tones leg and back muscles



"THE ARCHER" . . . general tune-up for back muscles



"THE LEG LIFTER" . . . strengthens thighs and tones abdomen

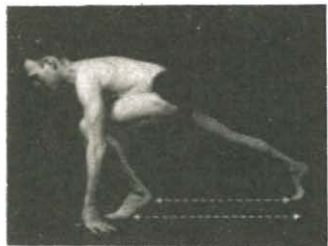
does it, mister....



"BEND AND SQUAT".
strengthens hip muscles



"THE DIPPER"... tones arm
and chest muscles



"THE TREADMILL"... gen-
eral tune-up of abdomen,
hips and leg muscles



"THE ABDOMINAL
ARCH"... strengthens ab-
domen and back muscles



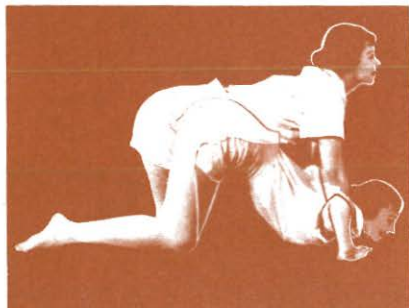
"THE CURVE"... tones ab-
dominal muscles



"THE PUNTER"...strengthens
hip muscles



..... and you too, sister



"THE CIRCULATOR" . . .
stimulates and invigorates



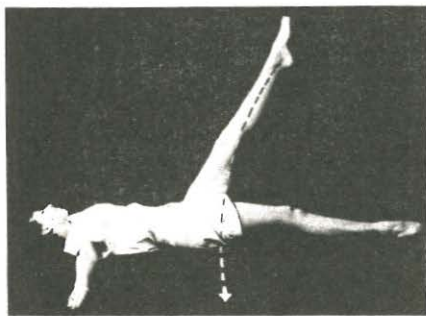
"THE SIDE BENDER"
slims and trims



"THE CURL" . . . strengthens
and tones abdomen



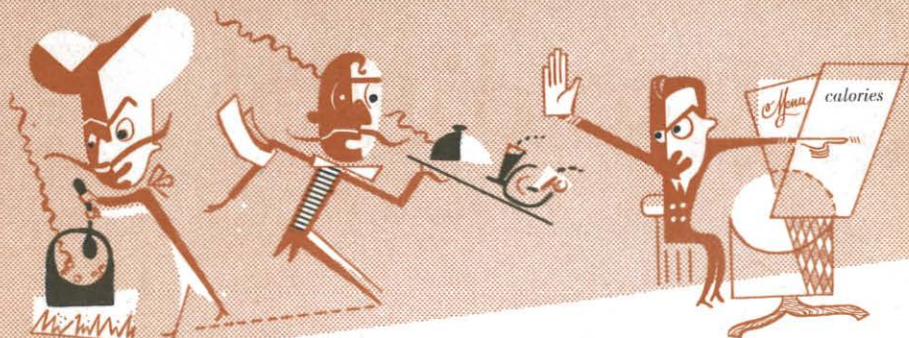
"THE HEEL AND TOE"
. . . trims foot and ankle
muscles



"THE ABDOMINAL
TWISTER". . . slenderizes
waistline



"THE LIFTER". . . improves
posture



0-200 CALORIES

MEATS

Bacon (3 strips) 150
 Chicken 150
 Fish 150
 Frankfurter 140
 Gravy 150
 Lamb Chop 175
 Loin of Pork 150
 Roast Lamb 175
 Veal Cutlet 125

DAIRY

Butter (1 pat) 100
 Buttermilk 75
 Cheese 125
 Cottage Cheese 30
 Cream (1 oz.) 60
 Eggs (2) 150
 Evaporated Milk (1 oz.) 50
 Mayonnaise 100
 Milk 125
 Oleomargarine 100
 Skimmed Milk 85

VEGETABLES

Asparagus 25
 Beets 50
 Cabbage 25
 Carrots 50
 Cauliflower 20
 Corn 100
 Fresh Peas 150
 Lettuce 10
 Pickles (sw. mixed) 50
 Spinach 25
 String Beans 75
 Tomatoes 25

STARCH

Biscuit 100
 Bread (2 sl.) 125
 Cooked Cereals 100
 Dry Prepared Cereal 100
 Oatmeal 125
 Potatoes 100
 Pretzel 70
 Rice 100
 Sugar (1 tsp.) 25
 Syrup 150



eaters' digest

midget abridged edition of approximate
caloric content for average servings.

200-400 CALORIES

MEATS

Beef 275
Cold Cuts (4 sl.) 250
Fried Oysters (6) 225
Ham 325
Hamburger 200
Hash 200
Pork Chop 275
Scallops (6) 200
Turkey 200

VEGETABLES Lima Beans (dried) 225
Navy Beans 225

STARCH

Corn Muffins 250
Macaroni Salad 200
Potato Salad 200

400-650 CALORIES

MEATS

Beef Stew with vegetables 475
Creamed Beef on toast 450

DAIRY

Thick Malted Milkshake 600

STARCH

Buckwheat Cakes (3) with syrup & butter 450
Rice and Curry with fixings 650
Spaghetti with sauce & cheese 600



0-200 CALORIES

DESSERTS

Canned Peaches (2) 75
Canned Pineapple (2 sl.) 175
Flavored Gelatine 75
Fruit Salad 100
Hors d'oeuvres 50
Jam 50
Whipped Cream 100

FR. FRUIT

Clear Broth 25
Creamed 175
Vegetable 100

Apple 90
Avocado (1/2) 150
Banana 150
Bunch Grapes 70

BEVERAGES

Beer 100
Black Coffee 0
Cup of Coffee (w/cr. & sugar) 95
Daiquiri 150
Highball (w/ sweet mix) 175
Manhattan 115
Martini 110
Old Fashioned 150
Rum and Coke 200
Soft Drinks 100
Whiskey (1 oz.) 115
Wine 165

Cantaloupe (1/2) 40
Fresh Berries 80
Grapefruit (1/2) 40
Orange 50
Peach 50
Pear 80
Pineapple 75

COMPARATIVE AVERAGE DAILY CALORIC REQUIREMENTS

REDUCING DIET
INDOOR WORK
OUTDOOR WORK
HEAVY MANUAL LABOR

MEN	WOMEN
1650	1350
2500	2100
3000	2500
4500	3000

200-400 CALORIES

DESSERTS

Cake 250

Candy Bar 300

Ice Cream 250

Pudding 300

SANDWICH

Ham 250

Bacon, Lettuce & Tomato 350

Cream Cheese & Jelly 375

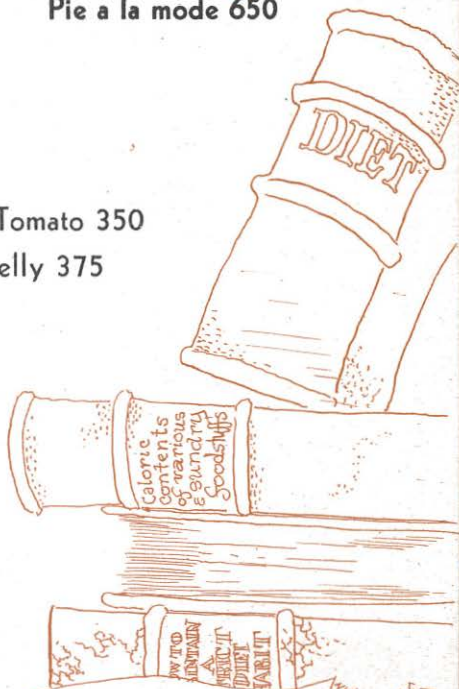
Fried Egg 350

Hot Dog 350

400-650 CALORIES

Pie 400

Pie a la mode 650

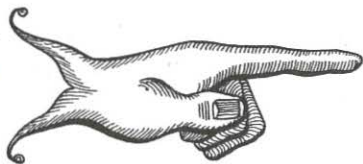


and remember...

... there is more to a balanced diet than just calories . . . you need vitamins, minerals and salts!



ROGUE'S



Watch these heavies

POE

heaping a la mode

SOFT DRINKS

soda pop transfusions... by the bucket

CANDY BAR

crunching with calories

WHEATCAKES

stacks... with usual accessories

SPAGHETTI

drooling with sauce and cheese

GALLEY

... They'll slay you!

CREAM & SUGAR

with coffee...gallon a day

HOT BISCUITS

buttered and jammed by the baker's dozen

MALTEDS

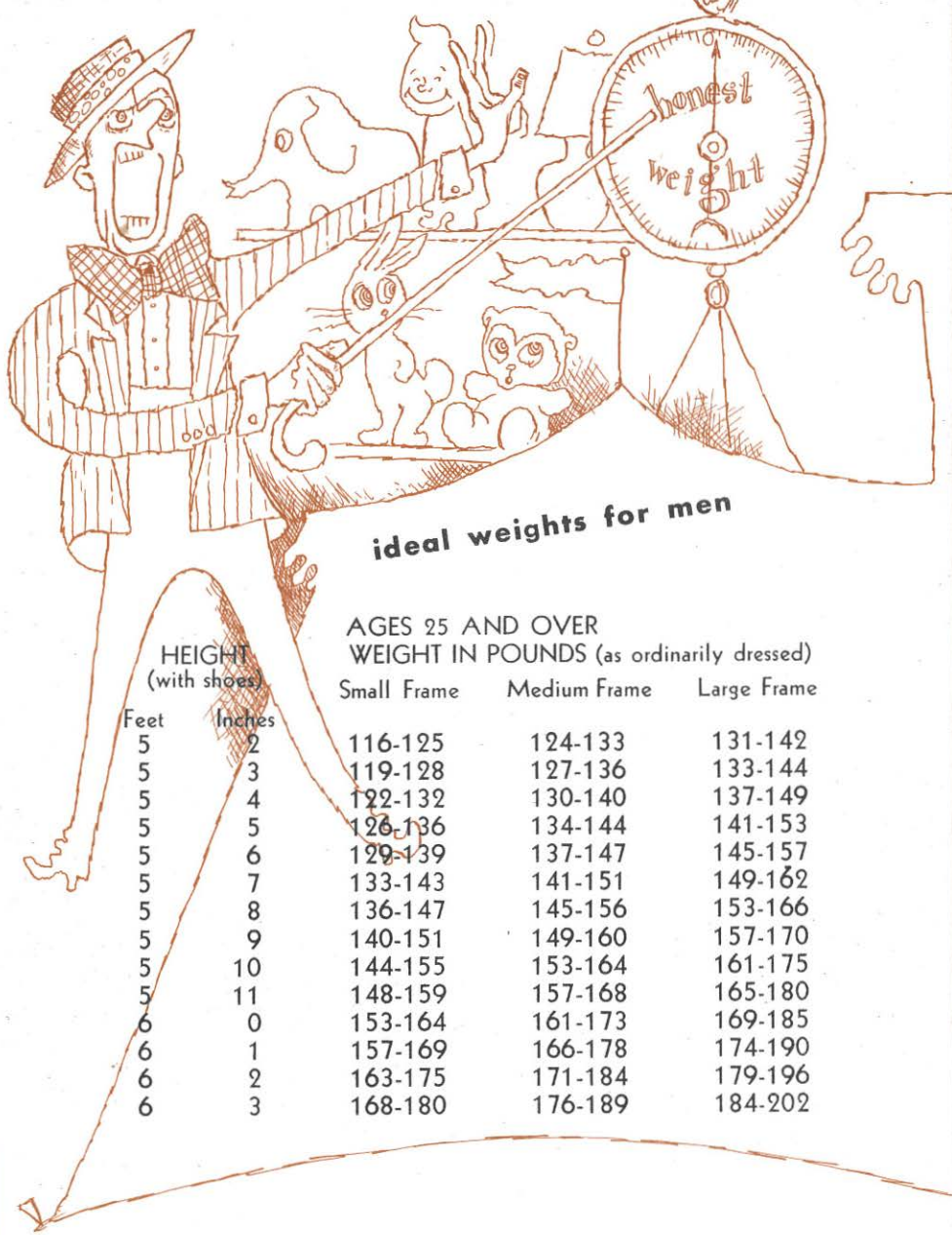
thick...double thick...and WOW!

MORE DRINKS
& HIGHBALLS

beaucoup calories

BEER & PRATZES

chubby's choice



ideal weights for men

AGES 25 AND OVER
WEIGHT IN POUNDS (as ordinarily dressed)

HEIGHT
(with shoes)

HEIGHT (with shoes)		Small Frame	Medium Frame	Large Frame
Feet	Inches			
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	153-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

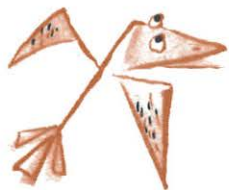
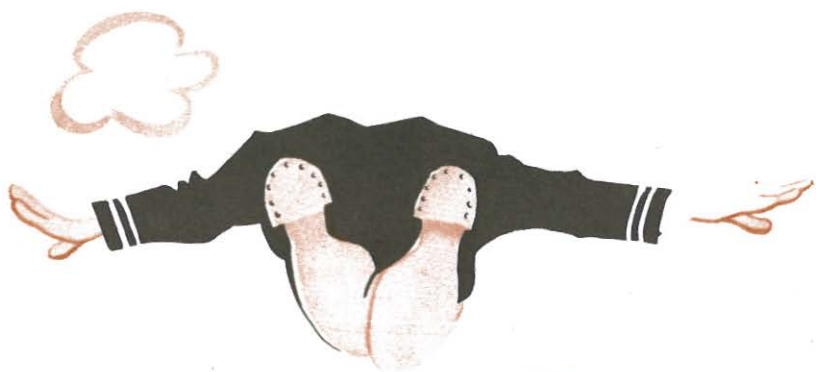
ideal weights for women

AGES 25 AND OVER WEIGHT IN POUNDS (as ordinarily dressed)

HEIGHT (with shoes)		Small Frame	Medium Frame	Large Frame
Feet	Inches			
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166
5	11	139-150	148-158	155-169

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These tables make no distinction of age but apply to all men and women 25 years or over. The weight tables commonly used heretofore were based upon average weights and showed a progressive increase with age. Thus, even for men of medium height the averages rose 12 pounds between ages 25 and 50. Statistical investigation has shown such increases to be undesirable from the standpoint of health and longevity as well as for aesthetic reasons.



exercise regularly!

from here on in...

You're flying solo!

eat sensibly . . . only what you need!

start now . . . stick to it!

